

## Phasing Process for a Return to Sport:

- **Phase 1:** At least two sessions of light aerobic activity (up to 70% maximum heart rate) for up to 15 minutes. Sessions should be at least 24 hours apart. Activities may include brisk walking, light jogging or using a stationary bike. No strength training.
- **Phase 2:** At least one session of aerobic exercise (up to 80% maximum heart rate) for up to 30 minutes. Simple movement activities such as running drills may be added to increase level of difficulty. No strength training.
- **Phase 3:** At least one session of exercise (up to 80% maximum heart rate) for up to 45 minutes. May add some simple sport specific activities and strength training to increase level of difficulty.
- **Phase 4:** At least two sessions of sport specific training (up to 80% maximum heart rate) for up to 60 minutes. Sessions must be at least 24 hours apart.
- **Phase 5:** Resume normal training activities and duration for at least one session.
- **Phase 6:** Return to competition with no restrictions.



## Helping Your Athlete's Return to Sport After COVID-19 Infection

After COVID-19 infection, your student-athlete's health-care provider will help determine when it is safe to begin a graduated return to play progression based on their medical history, symptoms, severity of illness and previous level of activity.

A graduated return to play progression will increase your young athlete's activity level and allow you to monitor any lingering symptoms of COVID-19 infection.

Your athlete may begin Phase 1 of the following return to play progression once they are able to complete activities of daily living (i.e. walking around the house, dressing, daily hygiene tasks, etc.) without worsening of symptoms and has been cleared by a healthcare provider for exercise or sports activities.

### Throughout each phase, monitor your athlete for the following symptoms:

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If your student-athlete experiences any of these symptoms, discontinue activity and return to his or her healthcare provider for further evaluation.

- Dizziness
- Difficulty breathing
- Chest pain/pressure
- Decreased exercise tolerance
- Fainting

Reference: Elliott N, Martin R, Heron N et al. Infographic. Graduated return to play guidance following COVID-19 infection. British Journal of Sports Medicine. <https://bjsm.bmj.com/content/bjsports/early/2020/06/22/bjsports-2020-102637.full.pdf>



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